

Veggie-Loaded Sloppy Joes

Recipe modified by **Strive for Wellness**®

Prep Time: 10 minutes

Cook Time: 30 minutes

Servings: 10

Ingredients:

- 1 pound ground turkey
- 2 cloves garlic
- 1 cup chopped onion
- 1 cup chopped bell pepper
- 1 cup chopped celery
- 1 cup shredded carrot
- ¾ cup no-sugar-added ketchup
- 1 tablespoon brown sugar
- 1 teaspoon Dijon mustard
- 1 tablespoon Worcestershire sauce
- 10 whole-wheat buns

Directions:

1. Add ground turkey and garlic to skillet over medium-high heat.
2. After a couple minutes, add onion, bell pepper, celery and carrot. Cook until meat is done and vegetables are tender.
3. Stir in ketchup, brown sugar, Dijon mustard and Worcestershire sauce. Reduce heat to low, and simmer until sauce has thickened — about 10-15 minutes.
4. Spoon meat mixture onto whole-wheat buns and serve.

Note: Calorie information includes a bun; however, calories and nutrients vary based on brand and size of buns used.

Nutrition Information:

Calories: 278, Total Fat: 6g (9%), Saturated Fat: 1g (5%), Sodium: 535mg (22%), Total Carbohydrate: 40g (13%), Dietary Fiber: 4g (16%), Protein: 16g



Reference:

MakeItHealthy (2020). Healthier Sloppy Joes II. Allrecipes.com. Retrieved from: <https://www.allrecipes.com/recipe/222119/healthier-sloppy-joes-ii/>